



Alltrax Cycle Club

10 mile Time Trial

July 17 2019 Start time 7pm

Promoted for and on behalf of Cycling Time Trials under its Rules & Regulations

Event secretary

Mr John Benney  
1 Eddystone Road  
Down Thomas  
Plymouth  
PL9 0AR  
Mobile 077 141 26691

Timekeepers

Ian Myers  
Caroline Twigger

Marshalls

Members & friends of Alltrax

Event Headquarters

Buckfastleigh Town Hall  
34 Bossell Rd,  
Buckfastleigh  
TQ11 0DD

H.Q open 5pm

Course details

S4/10 – **Start** on the A38 approximately 1.3 miles southwest of Buckfastleigh at a point level with the penultimate sink in the acceleration lane opposite Dean Prior Parish Church (GR SX730 634). Proceed north-eastwards towards Exeter and take the second slip road signed “Ashburton” (Linhay), were filter left on to slip road. At the give way line turn right and bear right in 50 yards to cross A38 and re-join the A38 towards Plymouth. Retrace outward route passing Ashburton, Buckfastleigh and slip road sign “Lower Dean”. **Finish** at the drain cover level with the start of the taper at the western end of the lay-by and approximately 500 yards before Dean Prior Church (GR SX730640).

Intermediate mileage – Ashburton Town sign 5.33 miles.

## Notes to riders

1. Please allow 20 mins to ride to the start.
2. **All riders waiting to start must wait inside a line drawn between the two clearway signs.**
3. Observe the high-way code and ride with heads up at all times.
4. Do not 'white line'.
5. Paced riding: CTT reg no. 21 must be applied at all times. Any rider seen taking pace from another competitor or motor vehicle will be disqualified.
6. Hard shell helmets are compulsory.
7. Devon and Cornwall Police, CTT and the organiser strongly recommend the use of a rear lights.
8. Under no circumstances should you ride with headphones, anyone seen doing so will be disqualified.
9. After crossing the finish line riders must proceed in a Plymouth direction on the A38 and take the 1<sup>st</sup> small filter left and make their way back to HQ avoiding the A38.
10. Do not cross the A38. Any riders seen doing so will result in disqualification.
11. Riders must "sign off" on returning numbers to HQ. Failure to do will result in disqualification.
12. This event has a Road Bike Category. All road bike riders must notify the organisers when the rider signs on. Definition of a road bike will be at the discretion of the organisers, ie no aero-bars, no aero-helmets, no aero wheels or disc wheels. Rims should be 40mm and under.

Have a safe ride!!

1<sup>st</sup> Overall £20  
2<sup>nd</sup> Overall £15  
3<sup>rd</sup> Overall £10

1<sup>st</sup> Women £20  
2<sup>nd</sup> Women £15  
3<sup>rd</sup> Women £10

1<sup>st</sup> Vet 40+ £10

1<sup>st</sup> Road Bike £20  
2<sup>nd</sup> Road Bike £15  
3<sup>rd</sup> Road Bike £10

**Prizes (to be awarded on the day only) – One rider / One prize**

